

Please note that
Spa facilities
will be open from
Monday 3rd May 2021.

The
Cliff
Spa

Treatment Menu

Welcome

The Spa at The Cliff Hotel is submerged underground, creating a tranquil, relaxing ambience for an indulgent and de-stressing experience.

After your relaxation with one of our qualified therapists, enjoy a leisurely meal, or simply a refreshing drink in The Carreg Bar & Restaurant.

Spa Opening Hours: Daily 8am - 8pm (Appointment Only)

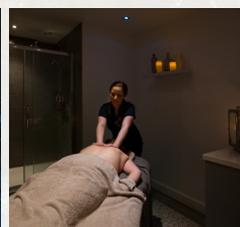
Under 16s: Daily 8am - 10am (Appointment Only)

Treatment Times: 10am - 6pm (Appointment Only)

Gym Opening Hours: Daily 8am - 8pm (Appointment Only)

Monthly, Quarterly and Annual Spa Memberships are available along with Spa Day Passes, please enquire by contacting spa@cliffhotel.com or call 01239 622179.

For information regarding The Cliff Hotel & Spa's COVID-19 actions and provisions please visit the 'info' section of our website



Membership

Please note due to current COVID-19 restrictions it is essential that members access the Spa facilities by appointment only.

Monthly

Individual: £45 Couple: £85

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 10% discount off all treatments (Monday - Friday)
- 10% discount off all retail products

Quarterly (3 months)

Individual: £125 Couple: £245

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 15% discount off all treatments (Monday - Friday)
- 15% discount off all retail products

Annual (12 months)

Individual: £500 Couple: £895

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 20% discount off all treatments (Monday - Friday)
- 20% discount off all retail products

Spa Packages

Full Day Packages

Island Breeze Package

Mon - Thurs: £140 Fri - Sun: £155

2 hour use of the Spa facilities

Two course light lunch

Complimentary robe and towel

The following three treatments:

- Thalgo Body Scrub (25 mins)
- The Cliff Signature Full Body Massage (55 mins)
- Thalgo Signature Algae Full Facial (55 mins)

Mum to Be Spa Day ♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £105 Fri - Sun: £115

2 hour use of the Spa facilities (use of spa pool only during pregnancy)

Two course light lunch

Complimentary robe and towel

The following treatments:

- Thalgo Pregnancy Pamper (55 mins)
- Jessica Standard Manicure (55 mins) OR Jessica Standard Pedicure (55 mins)

Afternoon Package

You, Me & Tea £80

Available Monday - Thursday only from 12pm

2 hour use of the Spa facilities

This package includes the following treatments:

- Mini Facial
 - Standard Manicure OR Standard Pedicure
- Afternoon Tea (served between 3pm - 5pm)



Half Day Package

Rockpool Package

♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £85 Fri - Sun: £95

2 hour use of the Spa facilities

Two course light lunch

Complimentary robe and towel

Choose two of the following 25 mins treatments:

- The Cliff Signature Back, Neck & Shoulder Massage
- Full Body Scrub
- Pre Natal Back, Neck & Shoulder Massage
- Thalgo Discovery Mini Facial
- Scalp & Neck Massage

Sea Shell Package

♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £55 Fri - Sun: £65

2 hour use of the Spa facilities

Complimentary robe and towel

Choice of two 25 mins treatments from the options below:

Choose one of the following treatments:

- Full Body Scrub
- Thalgo Discovery Mini Facial
- Scalp & Neck Massage

Choose one of the following treatments:

- File & Polish on the hands
- File & Polish on the feet
- Jessica Foot Care Treatment
- Jessica Hand Care Treatment

Arrival

To make the most of your day we suggest that you arrive at least 10 minutes before your treatment time to give you time to relax and to fill in our health questionnaire. Arriving late may potentially cause your treatment to be shortened and you will still be charged the same price.

What to bring and what to wear

Swimwear is mandatory in all poolside facilities and spa area. If your swimwear is dry then you can wear swimwear during treatments. If not, disposable underwear is provided or you can change back into your own underwear. During some of the treatments disposable underwear must be worn. We suggest that you leave all jewellery and valuables either at home, in your hotel room or in a locker as you will be asked to remove these before treatments. A £1 coin is required as a returnable deposit for our lockers.

Body Treatments

THALGO
LA BEAUTE MARINE

Thalgo Cold Cream Marine Body Ritual

Cold Cream Marine Body Ritual (55 mins) Mon - Thurs: £65 Fri - Sun: £70

+ Full Body Scrub (85 mins) Mon - Thurs: £85 Fri - Sun: £90

+ Discovery Facial (70 mins) Mon - Thurs: £75 Fri - Sun: £80

With Full Body Scrub &
Discovery Facial (100 mins) Mon - Thurs: £100 Fri - Sun: £105

For the ultimate nourishing body treatment, perfect to restore comfort to dry and very dry skin.

Thalgo Marine Algae Body Wrap

Just Marine Algae Body Wrap (70 mins) Mon - Thurs: £65 Fri - Sun: £70

+ Discovery Mini Facial (85 mins) Mon - Thurs: £80 Fri - Sun: £85

The original marine algae wrap, harnessing all the incredible benefits of seaweed. The treatment activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. Excellent for detox and general well-being.

Thalgo Pregnancy Pamper (55 mins) ♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £60 Fri - Sun: £65

Treat yourself to this relaxing face and body ritual especially designed for mums to be (12 week +). Thalgo's deeply nourishing cream balm helps the skin tolerate extensive stretching. The treatment is completed with a nourishing body cream which is applied, leaving your skin feeling silky smooth and completely moisturised.

Thalgo Rebalancing Back Treatment (55 mins)

Mon - Thurs: £60 Fri - Sun: £65

Discover the incredible benefits of seaweed for problem skin. This back treatment combines natural marine algae, rich in re-mineralising ingredients to deep cleanse, detoxify and smooth the skin.

Full Body Scrub (25 mins)

Mon - Thurs: £35 Fri - Sun: £40

Ideal for all skin types, this softening and conditioning treatment works on the decollate abdomen, arms, legs and back to brighten the skin and improve texture.

Hot & Cold Stones Massage

Hot and cold stones treatment is effective treatment to help aid relaxation, sense of wellbeing, pain relief or de-stressing. Use of cold stones may be used and is optional but can be extremely beneficial. This treatment has a variety of movements and techniques using the stones with long warming strokes over the whole body, tapping, and placing of stones.

Indulging Full Body Stones Massage (85 mins)

Mon - Thurs: £100 Fri - Sun: £105

As the name suggests this is a pure indulgent stones treatment. This is a tailored treatment that meet each individual's needs. This treatment also includes a scalp and a facial massage leaving you completely re-charged.

Facial Treatments

THALGO
LA BEAUTE MARINE

♥ All facial treatments suitable during pregnancy (12 weeks onwards)

Thalgo Silicium Super Lift Facial (45+) (70 mins)

Mon - Thurs: £75 Fri - Sun: £80

Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 45+ (loss of firmness, pronounced wrinkles). After just one treatment your complexion will glow, lines will be less noticeable, and your skin firmer.

Thalgo Collagen Radiance Facial (55 mins)

Mon - Thurs: £65 Fri - Sun: £70

Give your skin a collagen boost and correct the signs of ageing as they appear with this facial designed for first wrinkles, with instant anti-ageing results. The collagen mask smooths fine lines and has plumping effect. After the treatment your skin will be radiant, its collagen reserves restored.

Thalgo Algae Marine Facial (55 mins)

Mon - Thurs: £55 Fri - Sun: £60

Experience true marine beauty, suitable for all skin types. A mask of pure natural seaweed, known for its beauty-enhancing properties, is applied to remineralise and revitalise the skin. The treatment ends with the application of serum and moisturiser to leave your skin complexion soft, radiant and beautiful.

Thalgo Heart of the Ocean Rituals (55 mins)

Mon - Thurs: £55 Fri - Sun: £60

This personalised Thalgo signature facial ritual begins with a relaxing welcome touch after which the skin is gently cleansed and exfoliated. A setting mask is applied to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty.

Source Marine Ritual - Normal/Dehydrated

Cold Cream Marine Ritual - Sensitive/Dry/Very Dry

Purete Marine Rituals - Oily/Combination

Massages

The Cliff Spa Signature Massage (Medium Pressure)

This massage uses traditional Swedish massage techniques adapted to treat individual client needs, starting with a welcome touch to relax and unwind the body and mind.

Full Body, Face & Scalp (85 mins) Mon - Thurs: £85 Fri - Sun: £90

Full Body (55 mins) Mon - Thurs: £65 Fri - Sun: £70

Back of Body
(Back, Neck, Shoulders & Lower Legs) (55 mins) Mon - Thurs: £65 Fri - Sun: £70

Thalgo Full Body Scrub and Moisturising Massage (85 mins)

Mon - Thurs: £85 Fri - Sun: £90

Ideal for all skin types, this is a full body exfoliate from top to toe, followed by a nourishing and moisturising massage, leaving the body glowing and silky smooth.

Mother to Be (55 mins) ♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £65 Fri - Sun: £70

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin coconut oil nourishes dry and sensitive skin. Recommended after first trimester only.

Deep Tissue Massage (40 mins)

(Firm Pressure) Back, Neck & Shoulders Mon - Thurs: £55 Fri - Sun: £60

Works deeply into the problem areas on the back, using firm pressure techniques.

Holistic Therapies

Reflexology (55 mins)

Individual treatment

Mon - Thurs: £60 Fri -Sun: £65

*Please enquire if you would like a course of treatments.

Using pressure point massage techniques on the feet to promote natural healing and wellbeing.

Indian Head Massage (25 mins)

Mon - Thurs: £35 Fri - Sun: £40

This treatment is performed in a seated position with or without the use of oils.

Using a variety of movements to ease away day to day head tension and working on the upper back, arms, shoulders, neck and scalp.

Pre-blended Aromatherapy Massage (Light Pressure)

This sensual experience releases stress from the mind and physical tension from the body. Use of essential oils.

Full Body (55 mins)

Mon - Thurs: £70 Fri - Sun: £75

Back of Body

(Back, Neck, Shoulders & Lower Legs) (55 mins)

Mon - Thurs: £70 Fri - Sun: £75

Wellbeing Massage (55 mins)

Mon - Thurs: £70 Fri - Sun: £75

Inspired by the infinite powers of the oceans, Thalgo's Marine Wellbeing Massage incorporates the powerful techniques of Shiatsu and Swedish Massage schools, together with some ocean-reflecting movements. It begins with the Discovery of the Sea welcome massage to relax the body and relieve tensions, followed by specific movements over the entire body and energising digit pressures on the face, allowing you to truly let go.

Add On Treatments*

If you don't want to leave us after your first treatment and want to make the most of your day with us, make it last that little bit longer by adding on any of these 15 mins treatments, to treatments already booked. Add any of the below when you are already booked in for any Spa Package, Thalgo Face or Body Treatment, Massage or Holistic Treatment.

Scalp Massage

Mon - Thurs: £15 Fri - Sun: £20

Lying on your back, oils are used to condition the hair and scalp and relieving day to day tensions.

Lower Leg & Foot Massage

Mon - Thurs: £15 Fri - Sun: £20

Lying on your back, oils are used to massage tension your feet carry every day.

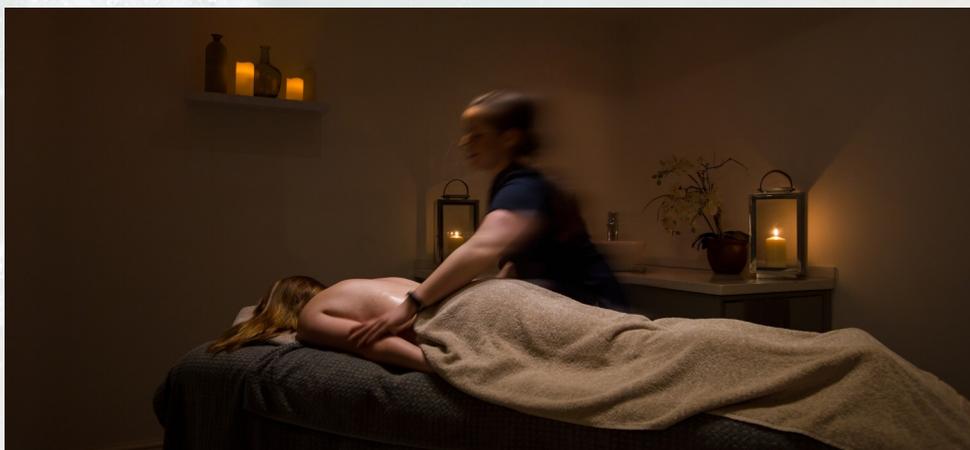
Hand & Arm Massage

Mon - Thurs: £15 Fri - Sun: £20

Lying on your back, oils are used to massage tension your hands hold every day.

*Add on Treatments are subject to availability. Please enquire upon booking.

♥ All add on treatments suitable during pregnancy (12 weeks onwards)



Waxing

♥ All waxing treatments suitable during pregnancy (12 weeks onwards)

Full Leg	1 hour - £20.00
Three Quarter	45 mins - £18.00
Half Leg	30 mins - £15.00
Bikini	15 mins - £7.00
Underarm	15 mins - £7.00
Full Arm	30 mins - £15.00
Forearm	30 mins - £12.00
Full Leg, Bikini & Under Arm	1 hour - £32.00
Chest	30 mins - £15.00
Back	30 mins - £15.00
Eyebrow Tidy	10 mins - £6.00
Chin	15 mins - £6.50
Top Lip	15 mins - £6.50
Lip & Chin	20 mins - £11.00



Tinting

(Requires a patch test 24 hours in advance)

♥ All tinting treatments suitable during pregnancy (12 weeks onwards, may require an additional patch test)

Eyebrow Tidy & Tint	£15.00
Eyebrow Tint	£10.00
Eyelash Tint	20 mins - £12.00
Eyelash & Eyebrow Tint Together	25 mins - £18.00

Guests may not enter the Spa Facilities after any Tinting Treatment.

Gelish Gel Nails



For all pedicures please come with open toed shoes.

♥ All nail treatments suitable during pregnancy (12 weeks onwards)

Gelish Manicure (55 mins)

Mon - Thurs: £35 Fri - Sun: £41

Gelish Pedicure (55 mins)

Mon - Thurs: £35 Fri - Sun: £41

Express Gelish Application (40 mins)

Mon - Thurs: £23 Fri - Sun: £25

Nails are filed and shaped and cuticles are tidied before applying Gelish polish.

Gelish Gel Removal

Mon - Thurs: £10 Fri - Sun: £12

Gelish Gel polish removal, nails filed and finished with nourishing phenom oil treatment.

To maintain the quality of your manicure or pedicure, we cannot allow guests to enter the spa facilities after their treatment as this will cause the polish to disintegrate.



Jessica Phenom Nails



For all pedicures please come with open toed shoes.

♥ All nail treatments suitable during pregnancy (12 weeks onwards)

Jessica Deluxe Manicure (70 mins)

Mon - Thurs: £40 Fri - Sun: £45

The ultimate hand and nail care. All the benefits of the LeRemedi Hand Treatments combined with Jessica Standard Manicure and a LeRemedi Hand Mask.

Jessica Standard Manicure (50 mins)

Mon - Thurs: £30 Fri - Sun: £35

Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

LeRemedi Express Hand Treatment (25 mins)

Mon - Thurs: £18 Fri - Sun: £20

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier and smoother than before.

File & Polish Treatment on Hands (25 mins)

Mon - Thurs: £15 Fri - Sun: £17.50

Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

Gentlemen's Club - Hand and Nail Care (40 mins)

Mon - Thurs: £30 Fri - Sun: £35

Hands are exfoliated to remove dryness and massaged with treatment cream. Cuticles are conditioned and nails are trimmed and shaped.

ZenSpa Deluxe Pedicure (70 mins)

Mon - Thurs: £42.50 Fri - Sun: £47.50

Jessica's ZenSpa pedicure with the luxurious added benefits of massage and Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

ZenSpa Standard Pedicure (50 mins)

Mon - Thurs: £32.50 Fri - Sun: £37.50

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are moisturised with conditioning cream. Cuticles are groomed and toe nails are shaped and perfectly polished.

ZenSpa Express Foot Treatment (25 mins)

Mon - Thurs: £18 Fri - Sun: £20

A complete exfoliating and conditioning foot treatment, leaving feet noticeably silkier and smoother than before.

File & Polish Treatment on Feet (25 mins)

Mon - Thurs: £15 Fri - Sun: £17.50

Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

Express Foot Care for Men (40 mins)

Mon - Thurs: £30 Fri - Sun: £35

Feet are exfoliated to remove hard skin and massaged with treatment cream. Cuticles are conditioned and nails are trimmed and shaped.

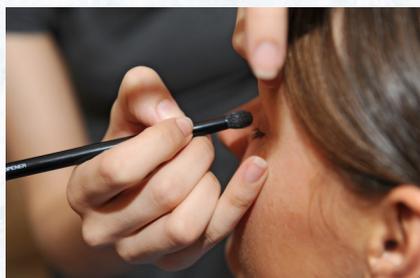
To maintain the quality of your manicure or pedicure, we cannot allow guests to enter the spa facilities after their treatment, as this will cause the polish to disintegrate.

Make Up at The Cliff Spa

Whether its your wedding day, prom or just a reason to celebrate, The Cliff Spa is here to provide you with a lasting flawless look ensuring you look and feel your very best.

Mii Make Up Application £40.00

Perfect for Bridesmaids, Mother of the Bride or Groom, Prom or for those attending that special occasion.



Bridal Make Up

When it comes to your wedding day, no small detail should go overlooked. Bridal Make-Up can be tricky due to the need for a lasting flawless look to ensure you look your very best on your wedding day. At The Cliff Hotel & Spa, our bespoke Bridal Make-Up service is provided by our experienced in-house professional Paige Taylor. Paige would love to work with you, taking into account your ideas and desires in order to create a beautiful, radiant and flawless make-up look.

We can also work with the whole Bridal Party - from the Bridesmaids, Mother of the Bride, Mother of the Groom, and Wedding Guests - to create beautiful looks for all. A detailed wedding consultation trial is carried out at least 2 weeks before the Wedding Day at The Cliff Hotel Spa, to make sure that the perfect look is created for you and ensure the morning of your wedding is as stress free as possible. Paige can then provide Bridal Make-Up at The Hotel's Spa, your hotel room, at your home, or at your place of preparation on the morning of your wedding.

Paige will be with you every step of the way, and make sure every detail is perfect to create that Bridal Glow which lasts throughout your special day.

Mii Bridal Make-Up £80.00

Book in for Bridal Make-Up and receive a detailed trail 3 to 1 month prior to your
16. wedding day.

Spa Escapes

Our bespoke Spa Escapes are perfect for couples and friends looking for a relaxing get-away. With one and two night options, our Spa Escapes can be designed around your requirements, allowing you to make the most of your time in our beautiful coastal surroundings.

One Night Spa Escape

Sunday - Thursday: £230 per room per night

Friday & Saturday: £240 per room per night

Our One Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £25 per person allowance towards dinner from our A la Carte Menu
- Two 25 minute spa treatments each*
- Use of our spa facilities during your stay
- Robe & slippers in your room on arrival

Pick two of the following 25 minute spa treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck and Shoulder Massage
- Pregnancy Back Neck and Shoulder Massage
- Express Hand Treatment
- Express Foot Treatment
- File and Polish on the Hands
- File and Polish on the Feet
- Scalp and Neck Massage
- Pink Himalayan Salt Scrub
- Yoga Facial



Two Night Spa Escape

Sunday - Thursday: £210 per room per night

Friday & Saturday: £220 per room per night

Our Two Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £25 per person allowance towards dinner from our A la Carte Menu
- Up to 80 minutes of treatment time each*
- Use of our spa facilities during your stay
- Robe & slippers in your room on arrival

Pick one of the following 25 minute spa treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck and Shoulder Massage
- Pregnancy Back Neck and Shoulder Massage
- Express Hand Treatment
- Express Foot Treatment
- File and Polish on the Hands
- File and Polish on the Feet
- Scalp and Neck Massage
- Pink Himalayan Salt Scrub

Pick one of the following 55 minute spa treatments:

- Standard Pedicure
- Standard Manicure
- Heart of the Ocean Facial
- Pregnancy Full Body Massage
- Full Body Massage
- Collagen Facial
- Thalgo Marine Algae Facial

Contact our reservations team today on 01239 613241 or reservations@cliffhotel.com to book your perfect Spa Escape.

*To avoid disappointment, treatment times must be booked at the time of making your reservation. Treatments are subject to availability. Selected treatments only. Please speak to our spa team for further information.

Spa Terms & Conditions

Arrival

Entry to The Cliff Spa is strictly by appointment only; please email spa@cliffhotel.com to make an appointment. Arrive no sooner than 10 minutes prior to your appointment time to complete a registration form. Arriving late may potentially cause your treatment to be shortened and you will still be charged the same price.

What to bring and what to wear

Disposable underwear is provided or you can stay in your own underwear. However, during some treatments disposable underwear must be worn. We suggest that you leave all jewellery and valuables either at home, your hotel room or in a locker as you will be asked to remove these before treatments. A £1 coin is required as a deposit for our lockers.

Changing facilities

Our dedicated male and female Changing Rooms, Toilets and Showers are available for use. We request that you change as quickly as possible in order to minimise the number of people in the changing room at any one time during current social distancing measures. There are lockers to store your clothes and personal belongings. However, The Cliff Hotel & Spa will not accept responsibility for the safety of belongings, whether placed in a locker or not.

Etiquette

Please do not travel to The Cliff Spa if you are displaying symptoms of Coronavirus. The main symptoms being high temperature, new and continuous cough or a loss or change to your sense of smell or taste. Please observe Social Distancing, Hand Hygiene and Respiratory Hygiene measures at all times. Please respect fellow guests and the serenity of our Spa by refraining from talking loudly or shouting while in the Spa. Mobile phones and cameras are not permitted in the Spa. CCTV is in operation in certain public areas of the spa.

Reservations

We advise you to book well in advance to avoid disappointment. In order to secure the booking, we do require a deposit. All bookings are subject to availability and all appointments allow time for changing before and after the treatment. We are unable to allow larger groups into the spa without any treatments. Upon booking, we will need the following information: Names of all those attending the spa day, non-refundable deposit or voucher number if applicable, contact telephone number and email address.

Children

Our treatments are only available for persons aged 16 and above.

Payments & Cancellations

Upon booking, a non-refundable deposit amounting to the full cost of the treatments booked will be taken. We are unable to make a booking or reserve days or times without this pre-payment. Should you be required to cancel for any reason at any point between the time of booking and 24 hours prior to the start time of your treatments, The Cliff Spa will transfer the value of your deposit to a future booking within the next 6 months. In the case of no shows or cancellations made less than 24 hours prior to the start time of your treatment, the full deposit will be retained by the spa and will not be refunded or transferred under any circumstances. Should you require any clarification, please contact our team at your earliest convenience. Please note we reserve the right to raise prices or modify treatments without notice.

Medical Conditions

A consultation form must be completed; treatments will not be performed without receipt of a completed form. If you have any medical conditions or have had surgery in the last six months, please notify the Spa when booking. All treatments booked are subject to medical status. If you fail to notify us of any health conditions prior to your visit, we reserve the right to refuse treatment. We may also request to view a doctor's letter prior to entering the treatment.

Please make sure we are made fully aware of your pregnancy.

Smoking, Liquids and Alcohol

The Cliff Hotel Spa is a non-smoking establishment. We strongly recommend that you drink plenty of fluids after your treatment and we advise against the consumption of alcohol prior to your visit.

Vouchers

Vouchers for the Spa are valid for 12 months from the date of purchase. We do not normally accept vouchers beyond their expiry date however for vouchers expiring before 18th March 2021 4 months will automatically be added to the expiry date to account for our closure during the COVID-19 pandemic. Please notify us upon booking that you have a voucher giving the value and voucher number which will be checked on arrival. You must have the voucher with you for redemption.

Please Note

Cancellations by us: Should The Cliff Hotel & Spa be unable to fulfil the service booked, a hotel gift voucher to the value of payments made or an alternative date will be offered for the service.

The information in this brochure is correct at the time of printing. The Cliff Hotel & Spa reserves the right to amend its packages and prices at any time before booking. Bookings are subject to availability and prices quoted at the time of booking.



The
Cliff
Spa

The Cliff Hotel & Spa

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14.04.21